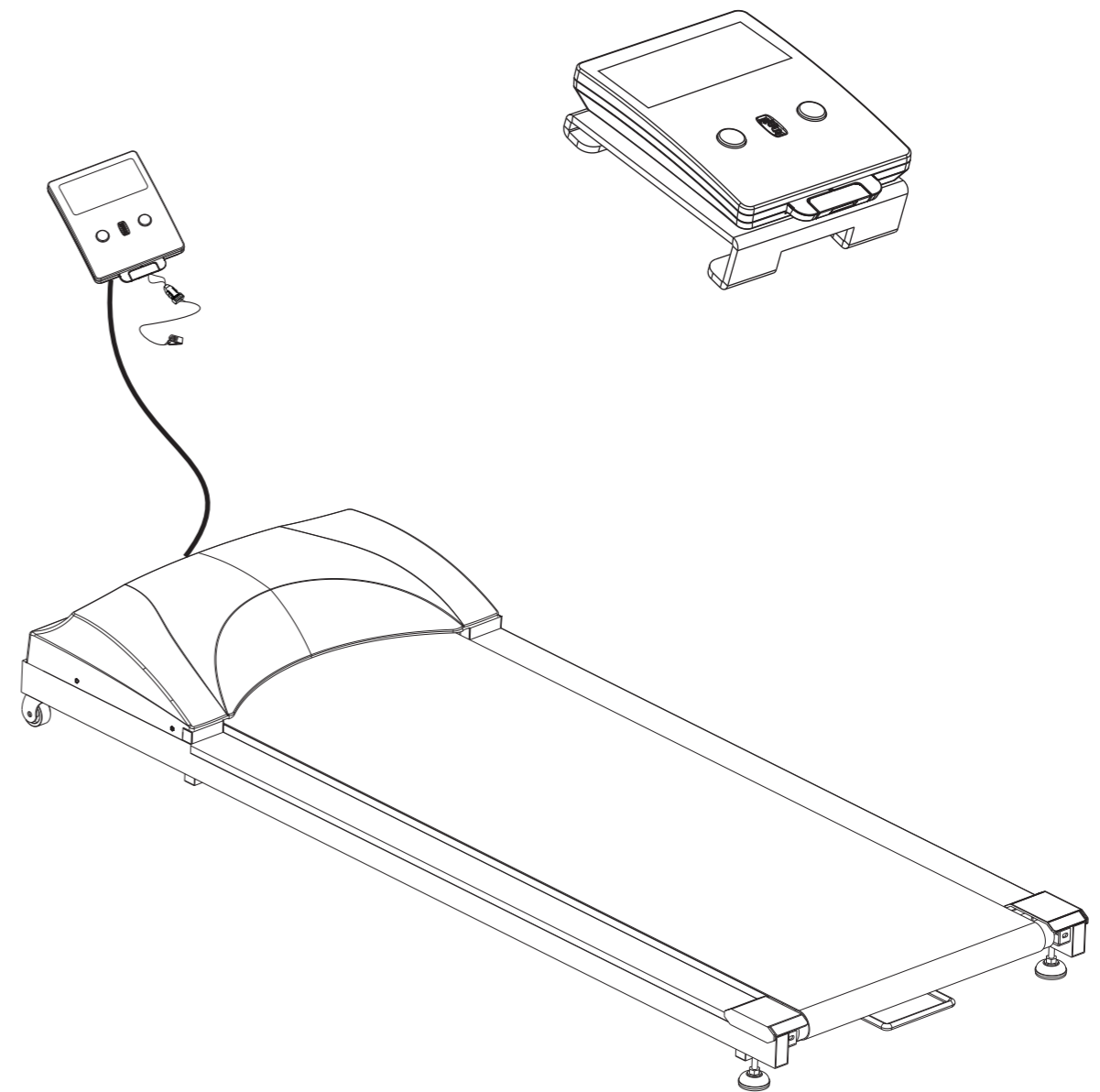


BWELL[®]

Walking



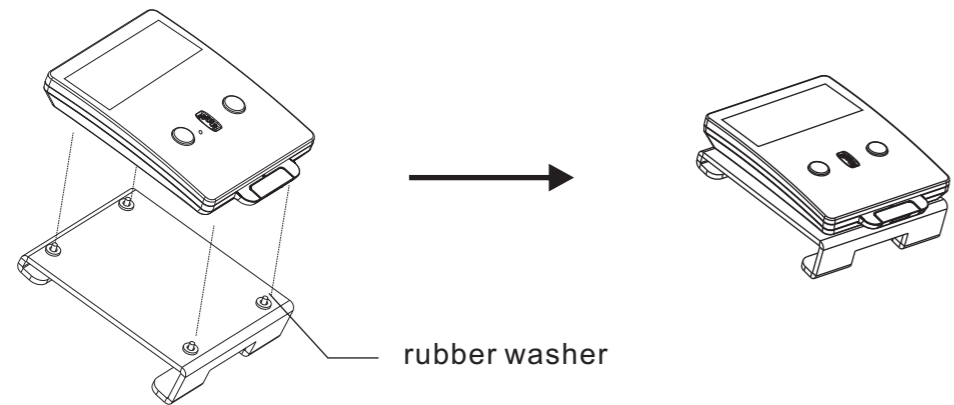
IMPORTER and SERVICE
Bwell Walking AS
FORNEBUVEIN 46, LYSAKER NORWAY
Tel: 4767832420

**RETAIN OWNER'S MANUAL
FOR FUTURE REFERENCE**

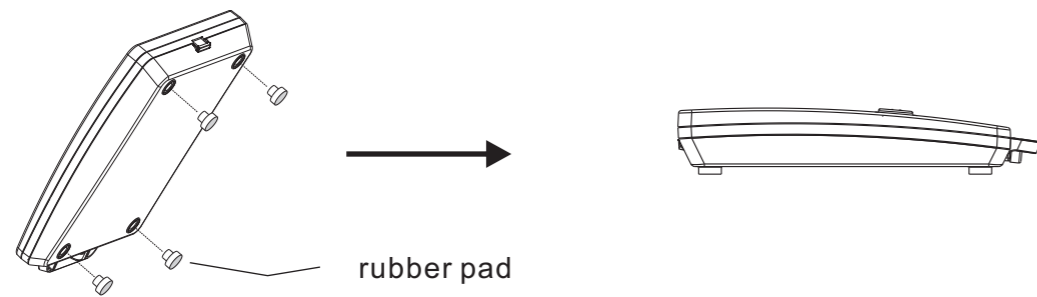
Read and understand all instructions
thoroughly before using the treadmill

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1. put the computer on rack with 4 rubber washers



2. or put rubber pads on

IMPORTANT PRECAUTIONS



IMPORTANT: Read all instructions and warnings before using the treadmill

IMPORTANT SAFETY INSTRUCTIONS

- Keep children and pets away from the treadmill.
- Stop walking if you feel faint, dizzy, or experience pain at any time.
- Clip the SAFETY KEY onto your clothing and carefully test it prior to using the treadmill. Safety key is for emergency use to stop the treadmill. The user should clip the safety key on the clothing while using treadmill.
- Disconnect all power before servicing the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- Do not operate electrically powered treadmill in damp or wet locations.
- Remove the SAFETY KEY when not in use.
- Inspect the treadmill for worn or loose components before each use.
- Do not operate the treadmill if 1. The power cord is damaged; 2. the treadmill is not working properly; 3. The treadmill has been dropped or damaged.
- Do not use the treadmill outdoors.
- Read and understand this owner's manual completely before using the treadmill.
- Read and understand all warnings posted on the treadmill and in this owner's manual.
- Always wear proper footwear on or around exercise equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Do not modify the treadmill in any way.
- **Maximum user's weight : 120kgs**
- **Machine weight:46kgs**

IMPORTANT VOLTAGE INFORMATION !

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for this treadmill include a grounded, dedicated circuit, rated for one of the following: 115VAC +- 5%, 60Hz and 20amps; 208/220 VAC, 60Hz, 15amps or 230 VAC +- 5%, 50Hz and 10amps. Check with your dealer for the exact voltage requirements of your treadmill. Use of wrong voltage will damage the treadmill.

GROUNDING INSTRUCTIONS

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded.

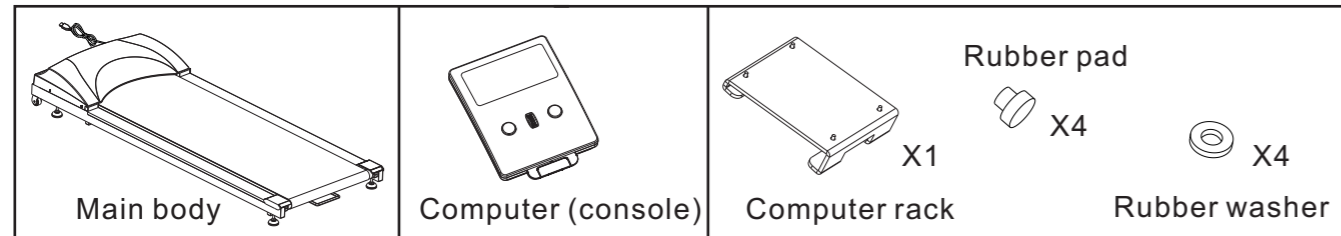
UNPACKING & ASSEMBLY

UNPACKING

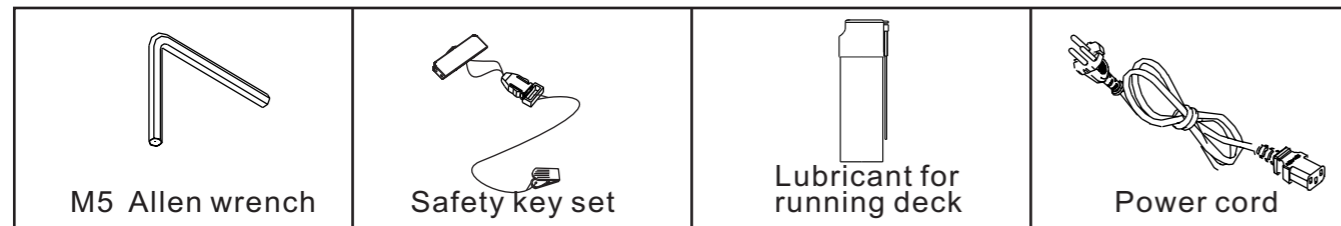
WARNING: Use caution when assembling the treadmill. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

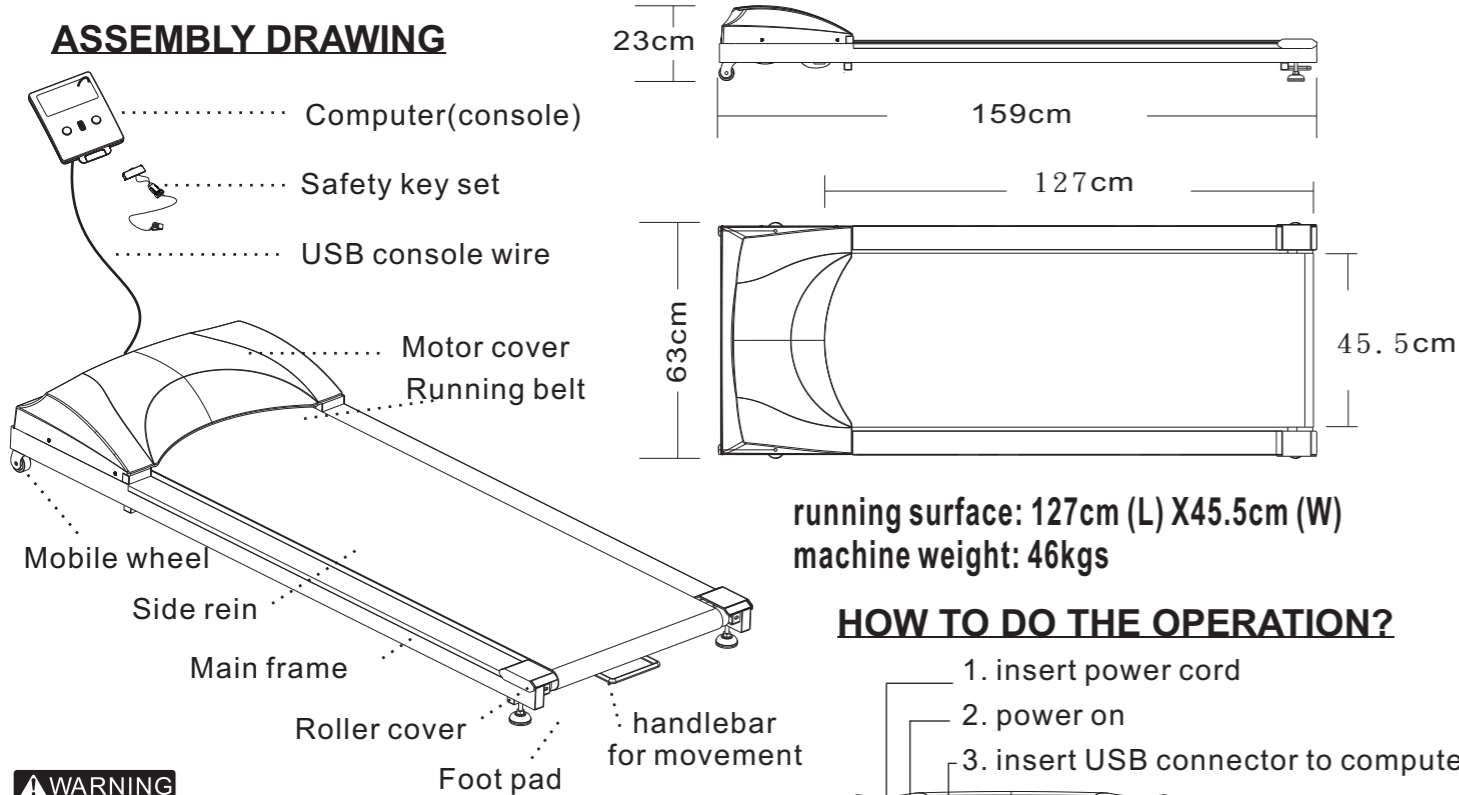
1. Unpack the carton and take off all of separated parts outside the carton.
2. Tear open the carton and move the treadmill out of the carton.



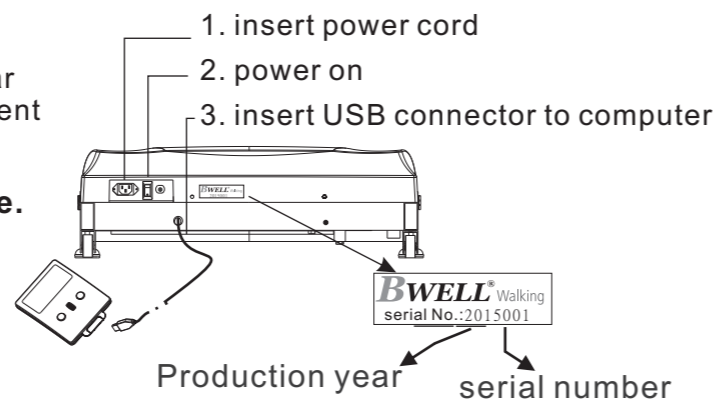
HARDWARE KIT



ASSEMBLY DRAWING



HOW TO DO THE OPERATION?



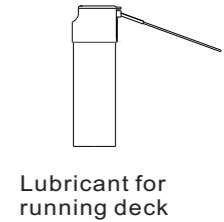
WARNING
USB console wire is only for this treadmill use. Do not connect to any other device (includes mobile phone, computer and so on). It would cause serious damage.

CARE & MAINTENANCE

WARNING! To prevent electrical shock, be certain the treadmill is turned off and unplugged before cleaning or routine maintenance.

USAGE	LUBRICATION
1~6kph	Every 1 month

WALKING BELT AND RUNNING DECK LUBRICATION
For maximum treadmill life, this treadmill needs a routine lubrication as part of a general maintenance for the machine. The routine maintenance procedure will prevent premature wear of the walking belt, running deck and drive motor system. The recommended lubrication schedule as:



This schedule is the recommended application for a single user, up to 20~30 minutes per time. 3~4 times per week. For lubrication, you can contact your dealer.

CLEANING

Perspiration should be wiped from the console and treadmill surface after your walk. You should wipe down your treadmill once a week with a water dampened, soft cloth. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-un-plugged from the electrical wall outlet.

MOVING

This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

LUBRICATION

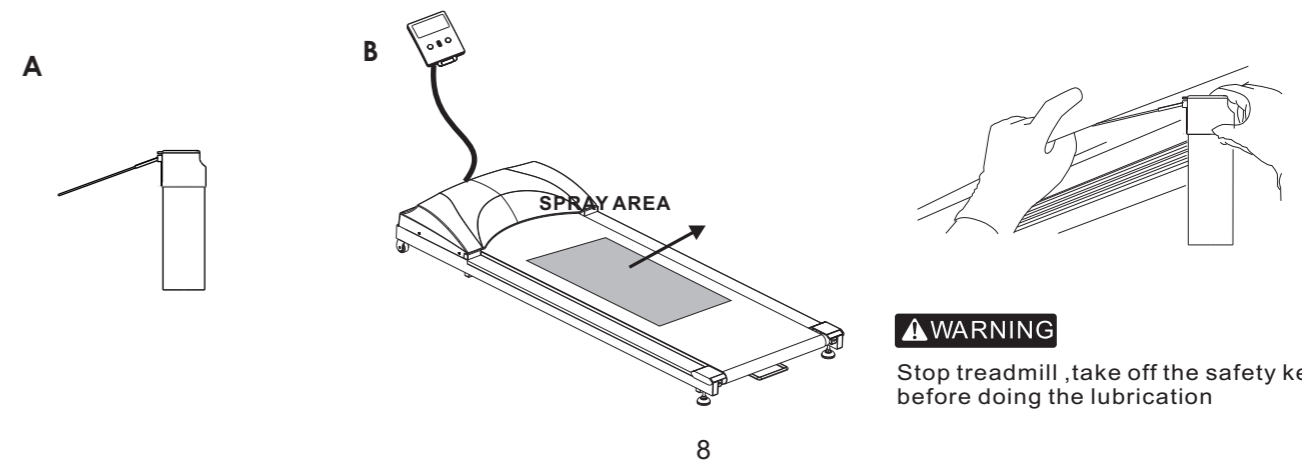
It is important to take good care of your treadmill deck (the walking surface underneath the belt). A good silicone lubrication will also improve the performance of your treadmill.

NOTE: Use the silicone that is supplied with the treadmill. Additional silicone lubricant can be purchased from your retail store.

WARNING: STOP the treadmill and remove the safety key before lubricating the running deck.

- A). Find the silicone bottle. It is located in the hardware kit package included with this treadmill.
- B). Spray silicone evenly on treadmill deck as the drawing shows. (ATTENTION : The treadmill MUST BE STOPPED before applying the silicone lubricant. This is to prevent injury, otherwise the edge of the walking belt may cut you or your fingers could be crushed by the rollers.) Do not put too much silicone on the deck. Excessive lubricant may cause slippage of the belt on the rollers.

HOW TO SPRAY SILICONE ON DECK?



BELT ADJUSTMENT

BELT ADJUSTMENT

You may need to adjust the walking belt during the first few weeks of use. All walking belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION

If the walking belt feels as though it is "slipping" or hesitating when you plant your foot during a walk, the tension on the walking belt may have to be increased.

TO INCREASE THE WALKING BELT TENSION:

- Place 5MM wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- Repeat STEP A and STEP B until the slipping is eliminated.
- Be careful not to tighten the walking belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened walking belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

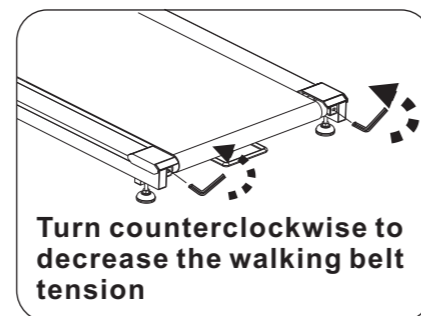
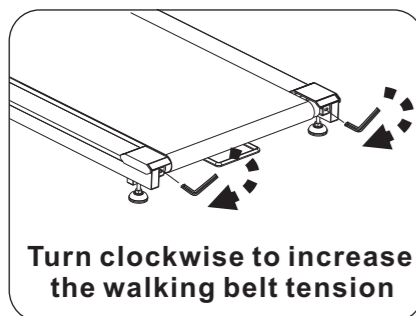
TO DECREASE THE TENSION ON THE WALKING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.

CENTERING THE WALKING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will center when no body is on the walking belt. If the walking belt remains consistently off-center, you will need to center the walking belt manually.

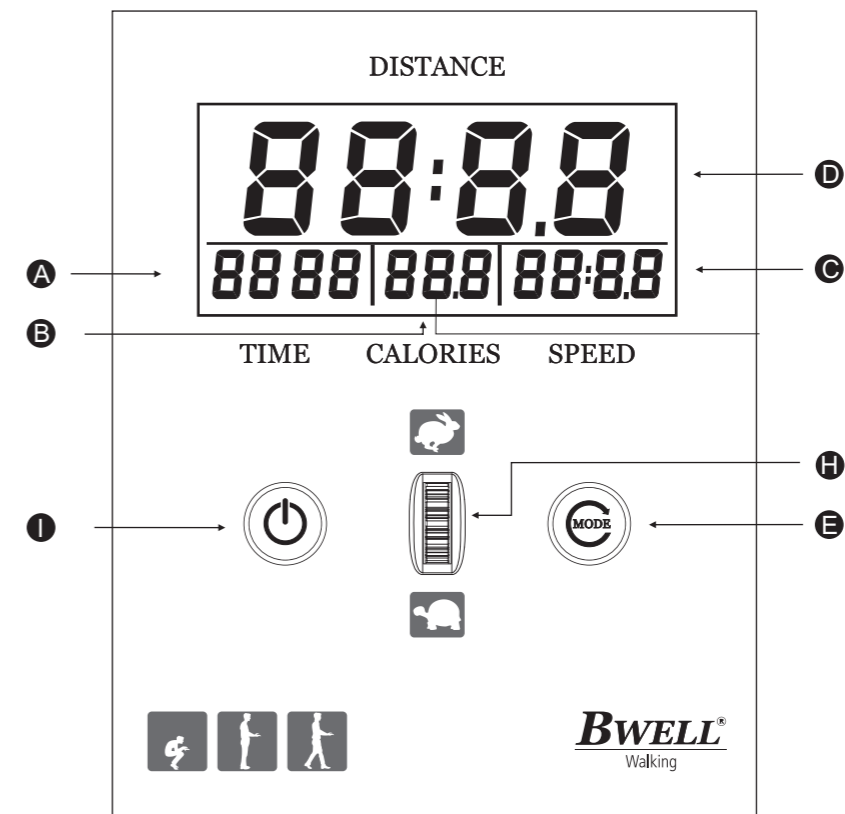
- Start the treadmill without anyone on the walking belt, press (SPEED UP) bottom until speed reached 6kph.
- Observe whether the walking belt is toward the right or left side of the deck.
 - If toward the left side of the deck
Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.
 - If toward the right side of the deck
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.
 - If the belt is still not centered, repeats the above steps until the walking belt is on center.
- After the belt is centered, increase the speed to 6kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



COMPUTER OPERATIONS

CONTROL PANEL FUNCTION



- TIME:** indicates time you walk
- CALORIES:** indicates estimated calories burned
- SPEED:** indicates kph in 0.1 increments
- DISTANCE:** indicates km traveled in 0.01 increment (10meter)
- MODE KEY:** at temporary stop, press "MODE" 1 second to reset to d-0
- SPEED WHEEL:**
 - to rotate up is speed up
 - to rotate down is speed down
 - to select d-0~d-9
- START/STOP KEY:** start/stop running

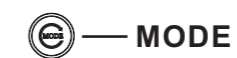
HOW TO OPERATE COMPUTER?

After power on, put safety key on, you can have two options:

- QUICK START (the window show d-0)**
Press "START/STOP" to start exercise (in d-0)
- USE UNDER d-1,d-2,d-3,d-4,d-5,d-6, d-7, d-8, d-9**
Use "SPEED WHEEL" to select d-1~d-9,

* Temporary stop: Press "START/STP when you are walking. The treadmill will be stop temporarily.

- Under temporary stop, you have two options:
- Press "START/STOP" again to resume the walking
 - Press "MODE" 1 second to reset to -0



COMPUTER OPERATIONS

PERSONAL DATA FUNCTION INTRODUCTION:

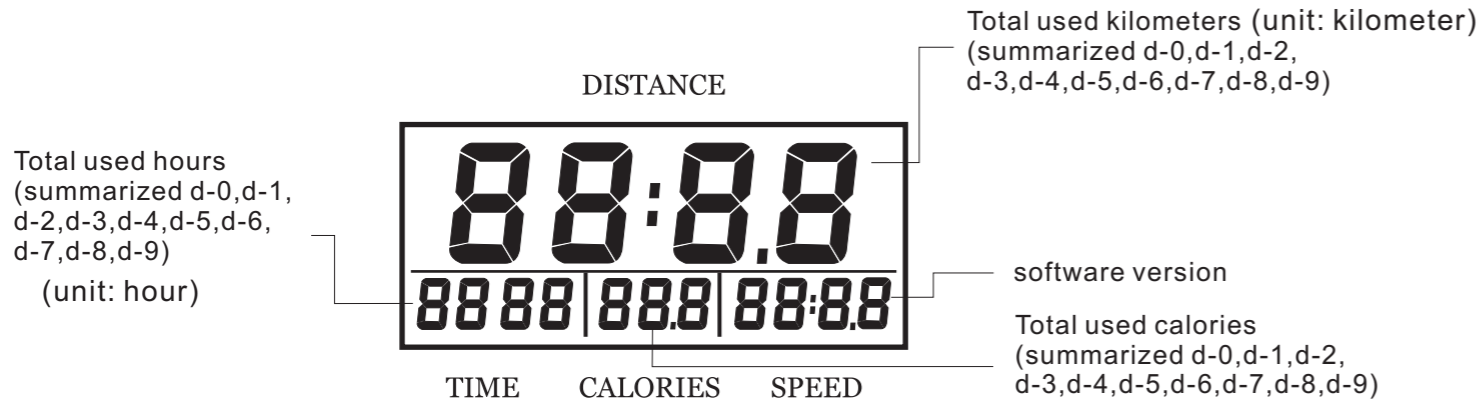
PERSONAL DATA(d-0, d-1, d-2, d-3, d-4,d-5, d-6, d-7, d-8, d-9)

PERSONAL DATA can memorize nine different walking records(d-0, d-1, d-2, d-3, d-4,d-5, d-6, d-7, d-8, d-9). it keeps memorizing and summarizing (d-0,d-1,d-2,d-3,d-4, d-5, d-6, d-7, d-8, d-9) of total used hours and total used kilometers.

*d-0 is for the user who does not want to record individual data (total used hours, total used kilometers and calories).

How to check the total used hours and total used kilometers?

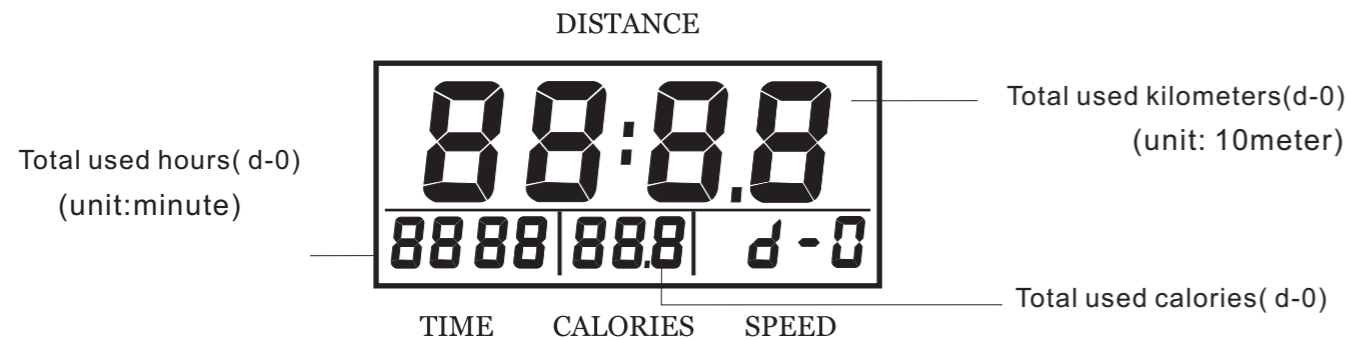
Turn the power on, the windows twinkle 3seconds, then shows:



* The total used kilometers/ hours/calories (summarized d-0+d-1+d-2+d-3+d-4+d-5+d-6+d-7 +d-8+d-9) CAN NOT BE DELETED.

* It might not be 0 in your first use due to the test at factory

After 5 seconds, the windows shows :



You can use "SPEED WHEEL" to check individual data (d-1,d-2,d-3,d-4,d-5,d-6,d-7,d-8,d-9). It will be easy for you to control your walking.

* The total used kilometers/ hours/calories in d-0/d-1/d-2/d-3/d-4/d-5/d-6/d-7/d-8/d-9 CAN BE DELETED. Press " START/STOP+MODE" 3 seconds continuously to delete the data in each personal data.



COMPUTER OPERATIONS

COMPUTER OPERATIONS:

A. QUICK START

- 1). Power on, put SAFETY KEY on
 - 2). Press "START/STOP" to start walking
 - 3). Adjust speed using "SPEED WHEEL"
 - 4). Press "START/STOP" again to stop treadmill if need
 - 5). Press "START/STOP" again to resume the walking if need
- or
Press " MODE" 1 second to reset to d-0 if need

(Use for the walker who do not want to use PERSONAL DATA memorizing system)

B. USE UNDER d-1,d-2,d-3,d-4,d-5,d-6, d-7, d-8, d-9

- 1). Power on, put SAFETY KEY on
 - 2). Use "SPEED WHEEL" to select d-1~d-9
 - 3). Press" START/STOP" to start walking
 - 4). Adjust speed using "SPEED WHEEL"
 - 5). Press "START/STOP" again to stop treadmill if need
 - 6). Press "START/STOP" again to resume the walking if need
- or
Press " MODE" 1 second to reset to d-0 if need

